

RECIPE BOOK



Comenius Program

A recipe for 21st century life



DIMOTIKO SCHOLEIO CHRYSSELEOUSAS K.B

2013 - 2015

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WELCOME TO OUR COMENIUS PROJECT 2013 - 2015

Seven schools came together to explore the values for the 21st century life.

A big thank you to all schools who are taking part on this incredible journey. We hope that our friendship continues to bloom, grow and develop.



Dimotiko Scholeio Chryseleousas K.B, Cyprus

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We are delighted to hold in our hands the outcome of the diligent contribution of seven schools participating in the European Program Comenius, the book “ A Recipe for 21st Century Life”. Both teachers and students worked with loads of enthusiasm and inspiration to create this recipe book providing valuable information not only for the diet, but also for the culture of our partner countries. We were given the opportunity to learn traditional recipes from these countries and prepare the food in a healthy way according to the needs of our every-day life.

I would like to express my sincere gratitude and congratulations to all the teachers and students that worked on this project. The outcome of this work is impressive, educative and useful in our every-day life. This wonderful edition reflects the enthusiasm, the collaborative spirit and the professionalism that characterizes all the participants.

Last, but certainly not least, I own a very special thank to my colleagues Elena Spanou and Styliana Chouridou Payiases for their initiative on this work. Their creative inspiration and cooperation with all the other teachers resulted in this wonderful recipe book.

It was a privilege working with you, creating this inspirational and productive spirit among all the participants! We look forward for the continuation of our cooperation and to the achievement of the rest of the objectives of this program!

Good luck to our journey!

Tasoula Demosthenous

The Headmistress

*When you set out on your journey to Ithaca,
pray that the road is long,
full of adventure, full of knowledge.*

C.P.Cavafy

Last year, teachers and pupils from seven schools in different European countries set out for an exciting two-year journey, which is already producing great results. Through the “*A Recipe for 21st Century Life*” project, children are given unique opportunities to interact, to develop knowledge, skills, and character, to learn and understand the diversity of European culture through various activities in health- and ecology-related issues, such as tree planting, organising “Fruit Day”, recycling materials into Christmas decorations, and visiting Aeolic plants.

This book is both a means of achieving the project’s goals and a product of the work already done. Children have turned their attention to their own traditional recipes and will now have the opportunity to learn about food from other countries. It is a truly excellent publication, which offers a mouth-watering glimpse into European cuisine.

I would like to congratulate everybody involved in this publication and express my best wishes for the success of the project.

Dr. Andreas Theodorides

Primary School Inspector

CYPRUS



Year of EU entry: 2004

Capital city: Nicosia

Total area: 9 250 km²
(37% occupied by Turkish troops)

Population: 0.8 million

Currency: Member of the eurozone since 2008 (€)

Schengen area: Not a member of Schengen

Language: Greek - Turkish



Cyprus Cuisine



The cuisine of Cyprus has been formed by the island's rich and varied history, as well as its geographical location and climate.

Being a Mediterranean island, the traditional food of the island is extremely healthy, with plenty of vegetables and fish and a minimum of red meat. The Cypriot kitchen is a tasteful and exciting experience. The food has strong colors and much fresh ingredients. The food has a lot in common with the Greek kitchen.

Cypriots love food, so it does not come as a surprise that the country's cuisine is so expansive. Food is an essential element of any and every social occasion in Cyprus.

This style of dining comes from the Cypriot preference for meze (which means "mixture"), which consists of many small dishes with a little of everything that is available on the day in taverna or restaurant. There is no better way to sample Cypriot cuisine than the meze, as you can literally enjoy the widest variety of local food in one sitting.

So the traditional Cypriot meal is the 'meze' which consists of many dishes like stifado, koupepia, delicious dips, tavas, moussaka, chiromeri, souvlakia, shieftalies, fresh olives etc. All these are enjoyed along with the island's excellent wines.

Halloumi, Cyprus popular cheese enjoys high popularity worldwide. It is commonly served as an appetizer either fresh or grilled.





These are just some of the Cypriot dishes worth breaking the diet for during a visit to Cyprus:

- **Afelia:** pork, marinated with coriander.
- **Village Salad:** salad composed of cabbage, lettuce, celery, cucumber, tomato, pepper, olives, feta cheese and herbs.
- **Bread:** always white and a central component of every Cypriot meal.
- **Fish:** usually deep-fried.
- **Fresh Vegetables:** artichokes, asparagus, various kinds of lettuce, potatoes, mushrooms, aubergine, courgettes and celery.
- **Halloumi:** cheese made from either sheep's or cow's milk which tastes especially good when fried. You can only find this cheese in Cyprus.
- **Hiromeri:** smoked ham.
- **Hummus:** cold chickpea puree.
- **Kleftiko:** lamb simmered in foil.
- **Keftedes:** fried meatballs
- **Kolokasi:** root vegetables.
- **Kolokithakia:** courgettes either stuffed or plain served as a side dish.
- **Koukia:** broad beans, served either as soup or raw in salad.
- **Koupepia (dolmades):** stuffed vine leaves.
- **Lountza:** ham, usually served in sandwiches and fried with halloumi.
- **Makaronia tou Fournou (or Pastitsio):** macaroni casserole made with ground meat.
- **Meze:** a little bit of a lot of dishes!
- **Fresh Fruit:** especially grapes, figs, melon, citrus fruits, and watermelon.
- **Olive-oil:** especially tasty and used generously in the preparation of many foods.
- **Olives:** marinated with garlic, coriander, lemon and thyme.





- **Pitta Bread:** flat, hollow rounds of bread filled with sheftalia or souvlaki and vegetables.
- **Pilafi:** coarsely ground wheat grains and vermicelli cooked in chicken broth and served with a selection of different vegetable side-dishes.
- **Souvla:** pork, chicken or lamb roasted on a spit, which is especially popular at family picnics, birthdays and special occasions. It is also considered a “man’s job” to take care of the spit.
- **Souvlakia:** grilled meat kebabs.
- **Sheftalia:** grilled sausage made of ground meat.
- **Stifado:** beef or rabbit stew prepared with onions.
- **Tahini:** sesame sauce with lemon and garlic.
- **Talattouri (Tzatziki):** yogurt prepared with cucumber and peppermint.
- **Taramosalata:** pink dip made of cod roe with lemon, potato puree, onions and oil.
- **Trahanas:** coarsely ground wheat grains dried with yogurt and added to soups together with halloumi.





If you have a sweet tooth, Cyprus offers plenty of delicious treats to finish your meal or to snack on:



- **Baklava:** puff pastry filled with nuts and soaked in syrup.
- **Daktila** (“ladies’ fingers”): finger-shaped strudel pastry filled with a nut-cinnamon mixture and soaked in syrup.
- **Glyko tou koutaliou** (“spoon sweet”): fruit or walnuts marinated in syrup and served with a glass of water as a welcome titbit for guests.
- **Honey:** often served with yogurt and almonds or anari.
- **Koulourakia:** a ring-shaped cookie or rusk biscuit sprinkled with sesame seeds.
- **Loukoumades:** deep-fried balls of choux pastry served in syrup.
- **Loukoumia or Cypriot Delight:** a culinary speciality from Yeroskipos, near Pafos consisting of cubes of gelatin served in rose water and dusted with powdered sugar.
- **Palouzes:** a kind of pudding made from grape juice and flour; it is the basis for soutzoukos.
- **Pourekia:** deep-fried pastry stuffed with anari, sugar and cinnamon
- **Soutzoukos:** a long chain of almonds strung together, dunked in palouzes and then **dried**.



AFELIA



INGREDIENTS:

For the meat:

1 kg pork
½ glass of olive oil
1 glass of red wine
Salt
pepper
cumin
1 glass of bulgur wheat
2 glasses of hot water
1 trimmed onion
1 trimmed tomato



Preparation:

For the meat:

Fry the meat in low temperature. Add salt, pepper and cumin and then the wine. Serve with the bulgur wheat or potatoes.

For the bulgur wheat:

Fry the onion and then add the chopped tomatoes or tomato pasta . After a few minutes add the bulgur wheat and after mixing them add the hot water. Cook in low temperature until all the water is absorbed by the bulgur wheat.

Kali orexi!!!



Ingredients:

1 kg minced pork
1 glass of glutinous rice
little chopped mint
little chopped parsley
1 large onion, chopped
some olive oil
half a lemon
salt and pepper
2 chopped tomatoes
vine leaves
vegetable oil
tomato juice

Preparation:

We put the ingredients from number 1 to 9 in a bowl and we mix them well.

We put vine leaves in boiling water for 3 minutes.

Then we put vegetable oil in a deep casserole.

We put little stuffing at the edge of a vine leaf, we fold the two edges of the leaf to the left and to the right and then we wrap it and put it in the casserole.

After we finish with all the vine leaves we put the tomato juice in the casserole and some water so that it covers all the koupepia.

We put a fireproof plate above the koupepia and we cook them for about half an hour in low fire.

Kali orexi!!!



Traditional pie with halloumi cheese



Ingredients:

Dough

- 3 cups flour village type (500gm)
- ½ cup olive oil (120ml)
- ½ teaspoon salt
- 2 teaspoons BP
- 1 cup of orange juice (250 ml)

Cheese pie in a light-weight version

Ingredients:

- 1 mexican tortilla pie
- 1 teaspoon olive oil
- 2 tablespoons halloumi
- ¼ teaspoon dry mint

Preparation:

Spread olive oil on pita, mint and halloumi.

Wrap the pie and bake in a moderate preheated oven 160°-170° for 5-10 minutes.

Stuffing:

- 2-3 cups grated halloumi or cut into very small cubes
- 2-3 teaspoons dry mint

Preparation:

In a large bowl sift the flour with the BP, add all ingredients and knead the dough as needed to make a dough fluffy.

Roll out the dough into pies in any size you want and spread the grated halloumi with mint. Wrap the pie and place in a baking dish.

Bake in moderate oven already preheated (160°-170° C) for 35 - 45 minutes or so.

It is cooked when golden brown.



Traditional pie with halloumi cheese



Traditional cyprus olive pie

Adaptation of Traditional Cyprus olive pie (like a bread-cake)



Ingredients:

2 cups of black olives (cut in small pieces)
1 onion (cut in small pieces)
½ cup of olive oil
½ cup of sunflower seed oil
1 kg flour (for all purposes)
3 teaspoons of baking powder
2 cups of fresh orange juice
coriander
dry spearmint

Ingredients:

2 cups of black olives (cut in small pieces)
1 onion (cut in small pieces)
½ Kg whole wheat flour
1 cup of olive oil
1 cup of fresh orange juice
zest of an orange
2 teaspoons of baking powder
1 cup of yoghurt
2 eggs
parsley
spearmint (fresh or dry)
spring onions
salt & pepper

Method:

Turn your oven on to preheat at 180 degrees Celsius (about 350 degrees Fahrenheit, gas mark 4). Get 2 baking trays ready (if they're not non-stick then you better line them or grease them).

In a big bowl add the eggs, the olive oil, the yoghurt and mix with a wooden spoon. Add the black olives, the onion, the spring onions and mix. Add half of the flour and mix. Add the orange juice and the orange zest. Continue with adding the rest of the flour, the baking powder, parsley, spearmint, salt and pepper. Fill the baking trays up to half and pop them in the oven. Bake for almost an hour. Take them out, leave them to sit for some minutes or even half an hour and remove from the trays.

Enjoy!



Preparing the traditional olive pie



Preparing the traditional olive pie



MACHALEPI



Ingredients:

6 glasses milk

6 teaspoons corn flower

3 teaspoons sugar

rose water

rose syrup



Preparation:

We pour the milk in a saucepan, the cornflower and sugar and a little rosewater. We put the saucepan over medium heat and stir constantly to avoid sticking. When it starts to thicken we turn down the heat and stir until it thickens enough. When it becomes a viscous cream we put in little bowls that we have wetted previously. We allow the machalepi to cool down and put it in the fridge. When it is cool enough we turn it over in a deep plate and pour water and little rosewater.

Enjoy!!



Ingredients:

- 1 tablespoon yeast
- 1 cup lukewarm water (for yeast)
- 5-12/ cups flour
- 1 teaspoon salt
- warm water
- 2 cups sugar
- 1 cup honey
- 1 cup water
- cinnamon
- oil for frying



Preparation:

Dissolve yeast in water and let set for 10 to 15 minutes. Sift flour and salt together. Make a hole in flour and pour in yeast mixture. Mix gently while continuously adding warm water until a soft, sticky dough is formed. Cover dough with clean, damp dishtowel. Let dough double in size.

Bring sugar, honey and water to a boil. Boil for 6 minutes. Remove from high heat, but keep warm.

Heat oil in deep fryer. Use a tablespoon to drop batter into hot oil. When batter floats and is golden and puffy, remove to drain on paper towel.

Pour syrup over hot doughnuts and sprinkle with cinnamon.

Enjoy!!!

LOKUMADES



CZECH REPUBLIC



Year of EU entry: 2004

Capital city: Prague

Total area: 78 866 km²

Population: 10.5 million

Currency: Czech koruna (Kč)

Schengen area: Member of the Schengen area since 2007

Language: Czech known as Bohemian in English until the late 19th century



Prague Beer Trip



Czech Cuisine



Czech cuisine has both influenced and been influenced by the cuisine of surrounding countries. Contemporary Czech cuisine is more meat based than in previous periods, the current abundance of farmable meat has enriched its presence in regional cuisine. Traditionally, meat had been reserved for once-weekly consumption, typically on the weekend. The body of Czech meals usually consists of two or more courses: the first course is traditionally soup, the second course is the main dish and supplementary courses such as desserts or compote may follow. The most eaten meat is pork, beef and chicken.

Dumplings are typical Czech side dish, also potatoes, sour kraut and rice.

Vegetables are used also as a side dish or we make soups. From beverages the Czech beer is famous.

Traditional Czech Christmas Food Fried Carp and Potato Salad



Ingredients for the potato salad:

1 kg potatoes
1/4 kg carrots
1/4 kg celery
tin of peas
150g gherkins
4-6 spoons of mayonnaise
pepper
salt



Fried carp with potato salad - recipe



Preparation time: 30 min

Cooking time: 90 min

Number of portions: 4

Carp and potato salad are just as big a part of a Czech Christmas as presents and carols. While the fish gives off a wonderful aroma in the oven, the cook can put the finishing touches to the potato salad made using the family's very own recipe.

Instructions:

Sprinkle the carp with salt, dust in flour, then coat with whisked egg and milk mixture and breadcrumbs. Fry in fat on both sides until golden brown. Each helping should be served with a piece of lemon, potatoes or potato salad.

Potato salad

Boil the unpeeled potatoes in salted water for around 15–20 minutes (according to the size of the potatoes) until soft. Leave to cool for a while, then peel and cut into cubes measuring roughly 1×1 cm. Peel the carrot and celery then boil in water with a pinch of salt and a dash of vinegar for around 10–15 minutes until soft, but not too soft. Leave to cool for a while then cut into very small pieces. Dice up the gherkins in a similar way – keep the brine they come in to finish off the salad. Add tinned peas. Carefully mix together all the above ingredients, gradually adding mayonnaise and little of the brine from the gherkins. Season to taste.

Salmon with Vegetables and Buckwheat Salad

Healthy meal



Salmon with Vegetables

Ingredients:

- 4 pieces of salmon
- 2 leeks
- 4 tomatoes
- 3 tablespoons of olive oil
- sea salt, rosemary and pepper to taste



Directions:

1. Preheat the oven to 180 degrees
2. Add olive oil and spices
3. Place the salmon and vegetables in the oven
4. Bake in the oven for 20 minutes
5. The leek should be soft
6. Serve with fresh lemon juice and buckwheat salad



Buckwheat Salad

Ingredients:

- 1 cup buckwheat
- 2 cups water
- 2 carrots (diced)
- 1 yellow bell pepper
- 1 red bell pepper
- 1 cup broccoli (chopped)
- walnut (a bit) (chopped)
- juice of 1 lemon
- 2 tablespoon olive oil
- black pepper (a bit)
- cumin (a bit)
- ginger (a bit)

Directions:

1. Boil buckwheat for about 10-15 minutes
2. Remove the lid and allow to cool (30 minutes)
3. Add all vegetables and walnuts
4. Add the spices , lemon juice and olive oil
5. Mix everything together
6. Serve immediately or refrigerate for a few hours



Traditional Czech Cristmas Cookies



Ingredients:

220 g butter, softened
5 tablespoons sugar
2 teaspoons vanilla
1 tablespoon water
2 cups all-purpose flour
1/2 teaspoon salt
2 cups finely chopped almonds or nuts
sugar

Cookies - Vanilkove Rohlicky/Vanilla rolls

Prep Time: 20 minutes

Cook Time: 40 minutes

Total Time: 1 hour



Preparation:

Heat oven to 160 degrees. Cream butter and add sugar, vanilla and water. Mix together flour and salt, and add to creamed mixture, combining thoroughly. Add nuts until completely incorporated.

Form walnut-size pieces of dough into crescent shapes on a parchment-lined baking sheet. Bake 15 minutes or until golden brown on the bottom.

While still warm, roll in "flour" sugar or vanilla sugar. When cookies are thoroughly cool, roll in confectioners' sugar or vanilla sugar again and store in an airtight container. These will keep several weeks.



Healthy Christmas Dessert



Ingredients:

- a big and tall carrot
- toothpicks
- different kinds of fruits
- cookie cutters

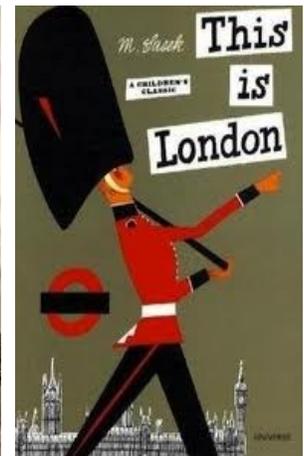
Directions:

- using the cookie cutters make various shapes from the fruits
- put the pieces of the fruits in the toothpicks and than in the carrot

- Enjoy your Christmas fruit tree!



England



Year of EU entry: 1973

Capital city: London

Total area: 244 820 km²

Population: 61.7 million

Currency: pound sterling (£)

Schengen area: Not a member of Schengen

Language: English





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England is no longer a land of 'meat and two veg,' as it was once known. Influences from abroad have had an impact on how we prepare food and the ingredients we choose.

Food choices can be influenced by events. Richer and more calorific foods are often consumed at festivals and celebrations like Christmas.

There is an increasing awareness of calorific value, sugar and salt content of what we are consuming and that we can make 'good' choices about what we eat. With busy lifestyles, 'ready meals' are a tempting short cut but more and more we are realising that a home cooked meal is both appetising and creatively satisfying, as well as enabling us to manage what we consume.

The following recipes give a small window into some of the dishes that we enjoy.



Classic English Recipes Sally's Rich Fish Pie



Ingredients:

300 ml Carton of double cream
1 pack of frozen prepared fish
(smoked haddock, salmon, cod)
(400g)
fish stock cube
3 medium potatoes
milk
cheese

Preparation time: 25mins

Cooking time: 25mins



Living in Cornwall, fish is in ready supply. This recipe is rich and filling therefore not an 'every day' dish but very satisfying.

Method:

Put the cream directly into a suitable ovenproof dish and crumble in the stock cube.

Mix the fish into this mixture and place in the oven (160 degrees C.) for approximately 15-20 minutes to thaw and begin to cook.

Peel and cook the potatoes then mash.

Take out the fish mixture and spread the mashed potato topping over folding in some of the cheese, the remainder sprinkle over the top.

Return this to the oven (180C.) for a further 15-20 minutes until cooked and golden on top.

Enjoy this just with peas or other vegetables of your choice.



**30 Minute Fish Pie
(healthy alternative)**



Ingredients:

filo pastry - 2 sheets
butter - 1 tbsp
flour - 1 tbsp
milk - 250ml
bay leaf
skinless white fish and/or
salmon fillets about 350g,
cut into cubes
small cooked prawns -
100g
parsley leaves - a handful,
chopped

Preparation and cooking time

-

30 minutes

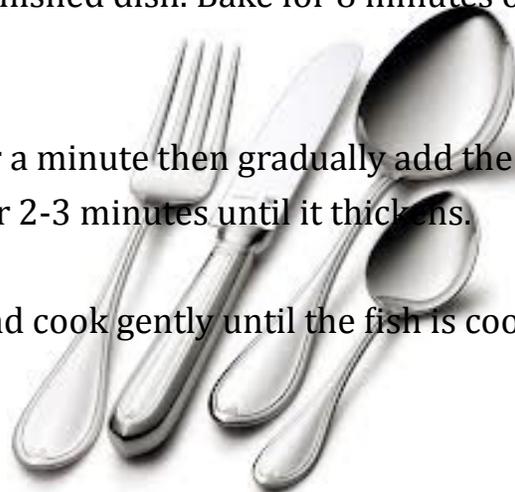
Serves 2

Method:

Heat oven to 180C. Lay filo sheets on top of each other on a baking sheet, scrunched into a size that will fit the finished dish. Bake for 8 minutes or until cooked and golden brown.

Melt the butter and stir in the flour for a minute then gradually add the milk and bay leaf. Simmer and cook for 2-3 minutes until it thickens.

Fold in the fish, prawns and parsley and cook gently until the fish is cooked through.



Chocolate Apple Picnic Cake



Ingredients:

250g cooking apples
125g soft margarine
125g brown sugar
150g plain flour
30g cocoa
1 1/2 tbsp baking powder
2 eggs
1 tbsp warm water
7 inch (18-20cm) square tin
greaseproof paper



Method:

Heat oven to 180C and grease tin.

Cut apples and chop into slices.

Beat together margarine, sugar, flour, cocoa and baking powder, eggs and warm water.

Spread half the mixture in the tin, layer apple on top then put the rest of the mixture on top of the apples.

Sprinkle over tspn of sugar.

Cook until firm to touch 40-50 minutes.

Lovely with Cornish clotted cream!



Apple Muffins (healthy option)



Ingredients:

1 apple, peeled and chopped
2 tspn lemon juice
100g light Demerara sugar
200g plain flour
85g wholemeal flour
4 tspn baking powder
2 tspn ground mixed spice (or more to suit)
50g pecan nuts, chopped (optional)
250ml milk
4 tbsn sunflower oil
1 egg beaten



Makes 12

Preparation time - 15 minutes

Cooking time - 20-25 minutes

Method:

Heat oven to 200C (180C fan).

Line a 12-hole muffin tin with paper cases and set aside.

Put apple in a bowl and toss with the lemon juice, add 4 tbsn sugar and set aside for 5 minutes.

Sift the plain and wholemeal flours, baking powder, mixed spice and $\frac{1}{2}$ tspn salt in a large bowl (add the bran left in the sieve).

Stir in the remaining sugar and pecans (if using) then make a 'well' in the centre of dry ingredients.

Beat together the milk; oil and egg, then add the apple.

Tip these wet ingredients into the centre of the dry ingredients and mix together lightly to make a lumpy batter.

Spoon the mixture into the paper cases, filling each case $\frac{3}{4}$ full.

Bake for 20-25 minutes or until the tops are peaked and brown.

Cool. These will keep in an airtight box for up to 3 days.



GERMANY



Year of EU entry: Founding member (1952)

Capital city: Berlin

Total area: 356 854 km²

Population: 82 million

Currency: Member of the eurozone since 1999 (€)

Schengen area: Member of the Schengen area since 1985

Language: German



Germany



Traditional German dishes are characterized by rural life.

That means all components of nutrition (fat, carbohydrates and proteins) were to be found in any meal to make sure that farmers and other hard working people were supplied sufficiently.

Before potatoes, which are very common, came to Europe and rice was not yet known cereals were the most important carbohydrate supplier.

Nowadays you may find potatoes in nearly each every-day-dinner as well as some meat and sauce of course and vegetable.

Even if children refuse to eat meat (animal!) they will certainly love potatoes and sauce or noodles and sauce!

We have about 2000 kinds of **potatoes** preferably growing in sandy soil, 1500 species of **sausages** and 300 types of **bread**.

Pork, beef and chicken you will mainly find in German dishes and there are **noodles** (made with eggs) which are thicker than Italian pasta.

Commonly used spices are **salt, black pepper, parsley, chives, dill and caraway** and finally as flavour carrier:

butter and cream.



Cheesecake with Quark - Kaesekuchen



One of my favorite recipes is this cheesecake, which can be baked in the US with yoghurt cheese instead of quark.



Ingredients:

- 250d. flour
- 125g. butter
- 1/4 tsp. salt
- 80g. sugar
- 1 egg
- 1-2 T. cold water
- *****
- 1 quart of yoghurt
- 8 oz. cream cheese
- 1 pack vanilla pudding powder
- 200g. Sugar
- 1/2 liter milk
- 1cup. neutral cooking oil
- 2 eggs

Preparation:

Set up the yogurt to make joghurt cheese. If you have access to quark (20% fat), you will need 500 grams (27 ounces), or about 3 cups of quark, but no yogurt or cream cheese. Allow the yogurt to drain into a bowl in the refrigerator for two hours or more. From 1 quart, you will have about 2 cups of yogurt cheese.

Make the crust: Mix the crust ingredients (flour through egg yolk) until pea-sized crumbs form. Sprinkle water on the dough and mix until a ball forms. Wrap in plastic wrap and place in the refrigerator for an hour, or until you need it.

Roll out the dough: Using 2/3 of the dough, roll out a circle big enough to cover the bottom of a 10 inch springform pan. Roll the remaining dough into a rope, flatten with a rolling pin and line the sides of the pan. Where the bottom meets the sides use some water and pressure to seal.

Tips: Crust should seal so that there is little or no leakage. Use a bit of cold butter between the pan and dough to help it stay upright and build up the sides so that they are thicker on the bottom, thinner at the top.

Preheat oven to 350°F.

Make the filling:

Mix the cheeses with the sugar until smooth. (If you are using cream cheese, mix it with the sugar first and add the yogurt second.) If you are using quark, mix the quark with the sugar.

Add the ingredients and beat until evenly distributed. Pour the filling into the crust.

Bake at 350°F / 180°C on the second rack from the bottom for 50-60 minutes. Do not open the oven door until the last 10 minutes. The cake will rise and become resistant to the touch. This cake will fall a bit when it cools.



German Cheese Spätzle



Cheese Spätzle is a traditional German way of serving this favorite German noodle.

Ingredients:

3 cups cooked Spaetzle
(500g. dry Spaetzle to be cooked in salted water)
2 - 3 cups shredded Emmentaler cheese
2 tbsp. butter (or olive oil)
2 small onions (sliced)
salt and pepper

Instructions:

Heat butter (or oil) in skillet and sautee onions until tender, about 5 minutes.

Butter casserole dish. Begin by layering with 1/3 of the spaetzle, season with salt and pepper, sprinkle with 1/3 of the cheese.

Repeat, until you have layered 3 times.

Top with the sauteed onions.

makes 4 - 6 servings.

Hints: Try this with Cheddar or Jarlsberg cheeses or a combination of the two. Serve with a green salad,



Spaetzle (Spätzle = South German for >little sparrows<)

These are noodles but different from Italian pasta. The batter contains eggs and much water. According to that they are not rolled out and cut but scraped directly in small amounts from a chopping board into boiling saltwater by means of a big knife. They will sink down in the water and are ready when they come up again.

400g flour, 4 eggs, 1 teaspoon of salt, 250 ml of warm water are mixed, water added slowly, let rest for 20 min, maybe after that time add some more water.

The smooth nearly liquid batter will be scraped into 2 l saltwater with some butter.

This is the simplest recipe. You can as well add butter, nutmeg, black pepper or prepare it with sparkling water.

German Potato Soup



Ingredients:

5 pounds potatoes peeled and diced to 1/2" pieces
3 carrots peeled and diced
1 large white onion peeled and diced
2 teaspoons salt
pork sausage
3 cloves fresh garlic minced
1 teaspoon black pepper coarsely ground

How to make it:

Put potatoes, carrots and onion in a large pot then add water to cover .

Add half the salt and set on medium flame for 1“.

When cooked mix it and add sausages to soup. Add black pepper, remaining salt and garlic. Cover and continue cooking on low heat for 15min, then serve immediately.

Enjoy you meal with french Baguette. YUMMY



Green herb sauce - Hessische Grüne Sauce



A lovely German sauce, Hessische *Grüne Soße*, which is easy to make and great for using fresh herbs from the garden.

Ingredients:

Serves: 6

150g mixed fresh herbs:

parsley, chives, chervil,
watercress, pimpnel,
sorrel, borage, tarragon and
lemon balm

50ml vegetable oil (optional)

8 hard-boiled eggs

500g plain yoghurt and sour
cream

3 tablespoons white wine
vinegar

salt and pepper to taste

Directions:

For the sauce, pick over the herbs for culls and remove the stems. Wash them in cold water and dry them the herbs in the salad spinner.

Chop the herbs briefly in the blender with the oil but do not over-process. Peel the eggs and carefully and cut them into halves.

Transfer the herbs to a bowl and stir in the yoghurt, vinegar. Season with salt and pepper.

Let the sauce stand for 30 minutes before serving. Chill if not served right away. Stir the sauce before serving. It is best when eaten within a day. You serve it with boiled potatoes.



© Kurt Möbus

Hungary



Year of EU entry: 2004

Capital city: Budapest

Total area: 93 000 km²

Population: 10 million

Currency: forint (Ft)

Schengen area: Member of the Schengen area since 2007

Language: Hungarian



Hungarian Cuisine



Hungarian Cuisine

Authentic Hungarian dishes are definitely not for people on a diet. You may find our dishes a bit too heavy and fatty; however their rich flavour, aroma and texture compensate you for the slightly excessive calorie intake.

But don't think that everything is soaking in pork fat and paprika. These ingredients are essential for authentic Hungarian dishes, but properly portioning them and using modern cooking methods we can make healthy as well as delicious dishes.

The ingredients we cook with are simple. The fertile Hungarian plain and the favourable climate provide excellent conditions for growing tasty vegetables, fruits, and to raise domestic animals whose meat is savoury.

Several special ingredients are account for the distinctive flavour of Hungarian meals:

- Hungarian paprika
- lard
- onion and garlic
- sour cream

cottage cheese, walnut and poppy seed in sweet courses.

There are also a few unique Hungarian cooking methods that we use to prepare our dishes.

<http://www.buzzfeed.com/anitabadejo/hungarian-foods-the-world-should-know>

Stuffed Cabbage



Ingredients:

3,3 lbs cabbage
0,77 lbs minced meat
0,44 lbs jasmine rice
0,33 lbs onions
1 teaspoon salt
grinded cumin, grinded green pepper
4 bay leaves
3 teaspoonful red pepper
3 seasoning cubes
garlic
4 dl sour cream
1 tablespoonful flour



Preparation method:

Peel the leaves of the cabbage, then boil them in salty water for a minute, so that they can become soften and it would be easier to work with them.

Cut the rest of the cabbage into thin stripes.

Mix the minced meat with the raw rice, 1 teaspoon of red pepper, 1 teaspoon of salt, 2 cloves of mashed garlic; and a pinch of grinded cumin.

Cut the cleaned onion in small squares and cook them in olive oil until brownish.

Then remove it from the heat and sprinkle it with red pepper, and add the sliced cabbage.

Season it with grinded green pepper, seasoning cubes and bay leaves.

Pour it with water.

Fill the boiled cabbage leaves with meat filling, wrap them, and lay these cabbage rolls into the dish.

Cover the cabbage rolls with sliced cabbage and pour some water on it.

Boil it until soft. Serve it with sour cream.



Vegetarian stuffed cabbage



Ingredients:

For the 'gluten meet'

1 cup gluten
1 tablespoon ground paprika
2 dl water
1 tablespoon soya sauce
seasoning

For the filling

1 large onion
½ dl oil
seasoning
1 dl tomato juice
1 tablespoon soya sauce
¼ kg brown rice
1 tablespoon line seed



Photo by Ferenc Dankó

Preparation method:

Mix the gluten, ground paprika, soya sauce, seasoning and water in a bowl.

Shape balls from the mixture. Leave them rest for 10 minutes.

Pour 2 litres of water into a dish and add some seasoning to it. Bring it to boil and put the gluten balls into it.

Boil it slowly for 15 minutes then remove them from the seasoned water.

Use this water to boil the brown rice.

Mince the boiled gluten balls and make stew from it with some braised onions, tomato juice, seasoning, grounded paprika and soya sauce.

Add the boiled brown rice and the line seed into the stew, stir it well and leave it to cool down.

Fill it into boiled cabbage leaves, and put them into a large dish.

Pour some seasoned water on it and bring it to boil.

Boil it until it is soft.

Serve it with vegetarian cream.

Goulash with beans



Ingredients:

2 onions
4 cloves garlic
1,32 lbs of pork
0,66 lbs smoked meat
3 carrots
2 turnips
2 tomatoes or ratatouille
1,1 lbs dried beans
1 dl oil
0,22 lbs flour
1 egg, bay leaf, red pepper, salt



Preparation method:

Soak the beans in a lot of water the night before of the preparation.

Put the beans in a bowl, add 2 bay leaves, and fill it up with as much water as covers it.

Start cooking it gently.

Cut the onions in small pieces and braise them in oil until they become glassy. Put the grinded garlic in it, add the washed and cubed meat and cook them for a while.

Add red pepper, the tomatoes, which you cut into small pieces, the carrots and vegetables.

Cook it for about half an hour and then, pour the beans into the meat.

Cook them together.

Prepare the noodles. Mix flour, egg and some salt in a bowl well. Shape small pieces of the batter, and add them into the boiling soup.

Bring them to boil and it is done!

Serve it with sour cream.

Vegetarian Bean Goulash



Ingredients:

500 grams beans
3 large carrots
parsley
1 small kohlrabi
1 tablespoon red pepper
3 cloves garlic
1 onion
tomato, paprika
bay leaf
smoked cereal sausage
1 dl oil
salt, pepper



Photo by Ferenc Dankó

Preparation method:

Soak the beans the previous night into water.

The next day put the soaked beans into a large pot of water, add some bay leaves and bring it to boil slowly.

Clean and peel the vegetables and cut them into cubes.

Fry the chopped onion until it is golden in a saucepan; add the red pepper, tomato and paprika into it.

Mix the cereal sausage with some warm water in a blender, and pour it to the onion mixture.

Add the vegetables into the onion mixture, season it, pour some cold water into it, and boil slowly.

When the beans in the pot and the vegetables in the saucepan are cooked, mix them, bring them to boil. Boil it till the beans start to moulder, so the soup will be thicker and its colour will be nicer.



Photo by Dániel Ferenczi

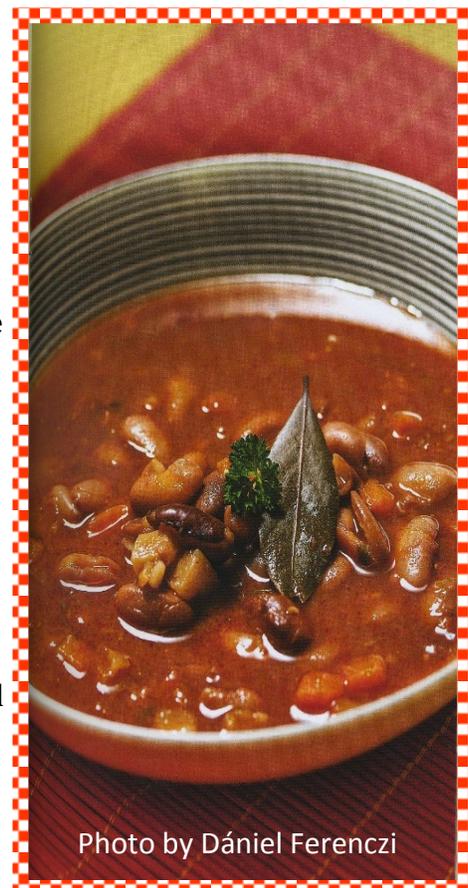


Photo by Dániel Ferenczi

Slovenia



Year of EU entry: 2004

Capital city: Ljubljana

Total area: 20273 km²

Population: 2 million

Currency: Member of the eurozone since 2007 (€)

Schengen area: Member of the Schengen area since 2007

Language: Slovenian



TWO SLOVENE RECIPES THEN AND NOW



Slovenian cuisine is very diverse and varied, with a long history and traces the many influences. If you want know something more about unique Slovenian cuisine and find some new traditional dishes just visit web pages: (1) <http://www.slovenia.info/en/Jedi-in-recepti.htm?recepti=0&lng=2&redirected=1> (2) <http://slovenia-slovenija.com/slovenska-kulinarika-tradicionalne-jedi/>

Below we present two Slovene dishes that we still enjoy preparing nowadays. Although there are slight differences within different Slovene regions, the main ingredients used for the two dishes remain the same. The dishes have been analysed during the lessons. We have tried to improve and slightly change the recipes according to today's life style. Nowadays one does not need caloric food due to less active life style. Therefore, we have either changed the original ingredients with less caloric ones or we have used the ingredients rich in vitamins and minerals. In addition, we have also used less fat, salt and sugar.

The traditional dishes are presented on the left, while the improved and healthier versions are introduced on the right.

We wished to show the dishes parallelly, so that the differences in the recipes are more obvious.

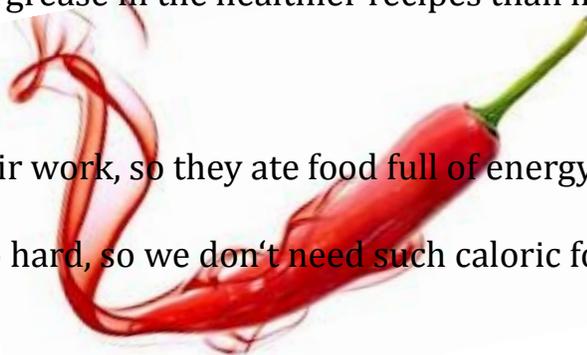
Changes that we have made:

White flour	Spelt flour
White flour and potatoes	Buckwheat and full grain flour
Black pudding sausage	Pork chop
Cottage cheese (40% fat)	Cottage cheese (10% fat)
Sour cream (30% fat)	Yoghurt (1,3% fat)
Roasted breadcrumbs	Forest fruits

There are lower amounts of sugar, salt and grease in the healthier recipes than in the original ones.

Why did they use such food in the past?

- Peasant needed a lot of energy for their work, so they ate food full of energy coming from fat and plain carbohydrates.
- In these days mostly we don't work so hard, so we don't need such caloric food.



Enjoy in the preparation of our traditional food.

BLACK PUDDING SAUSAGES WITH SAUERKRAUT AND WHITE "ŽGANCI" WITH CRACKLINGS



2 BLOOD PUDDINGS

Dip the sausages into boiling water for about 1 to 2 minutes. Put them on an oiled baking tray, pierce them a few times and put the tray into the oven. The first half hour bake on a medium temperature of 150 degrees. Every now and then pour the grease from the baking tray over the sausages. Carefully flip the sausages over and raise the temperature to 180 °C for 15 min so that the colon becomes crispy.

SAUERKRAUT

- 1.2 kg of sauerkraut
- 100 ml of grease
- 1 medium sized red onion
- 200 g of meaty dry bacon
- salt



Fry the finely chopped onion. Once the onion is tender, add small cubes of bacon and fry it a little. Add the sauerkraut, salt and let everything stew. Add some water until the sauerkraut becomes tender.

WHITE "ŽGANCI" WITH CRACKLINGS

- 12 dl of water
- 3 medium sized potatoes
- salt
- 600 g of white flour
- cracklings

Pour the water into a taller pot then add the peeled and diced potatoes and salt. Once the water boils, cook the potatoes for 10 minutes, then add the flour by making a pile. Make a hole in the pile of flour by using the handle of a wooden spoon. Let everything cook on medium heat for another 20 minutes.

Once cooked, pour most of the water into a cup (you should save the water in case the "žganci" are too dry). Carefully and thoroughly mix all of the ingredients in the pot with a wooden spoon and add the water from the cup if necessary. Take a flat wooden spoon and take some of the mixture. Use a fork to grade the mixture from the wooden spoon into a bowl. Continue until you have used the entire mass.

Pour the heated cracklings over the "žganci".



BLACK PUDDING SAUSAGES WITH SAUERKRAUT AND
WHITE "ŽGANCI" WITH CRACKLINGS



ROASTED PORKCHOPS WITH SAUERKRAUT AND BUCKWEAT "ŽGANCI"



ROASTED PORCHOPS

- 4 plain pork chops
- 1 onion
- salt
- pepper
- garlic
- bay leaf
- grease for the baking tray



Chop the onion into thin leaves and put it on a greased baking tray. Season the pork chops with salt, pepper, garlic and sweet bay, and put them onto the onion. Cover the tray with tin foil and put it into the oven. Roast the pork chops at around 180°C for approximately an hour.

SAUERKRAUT

- 1.2 kg of sauerkraut
- olive oil
- 1 medium sized red onion
- salt

Fry the finely chopped onion. Once the onion is tender, add the sauerkraut, salt and let everything stew. Add some water until the sauerkraut becomes tender.

BUCKWEAT "ŽGANCI"

- 1l of water
- salt
- 250 g of buckwheat flour
- 150 g of brown flour

Mix the two types of flour thoroughly so there are no lumps left. Put the flour into salted boiling water, make a hole through the flour with a wooden spoon and cook for approximately 20 minutes. Pour most of the water out, but put about 1 to 2 dl of water into a cup. Save the water in case you will need it when stirring. Carefully and thoroughly mix all of the ingredients in the pot with a wooden spoon and add the water from the cup if necessary. Take a flat wooden spoon and take some of the mixture. Use a fork to grade the mixture from the wooden spoon into a bowl. Continue until you have used the entire mass.



COTTAGE CHEESE "ŠTRUKLJI" - DUMPLINGS WITH BREAD CRUMBS

COTTAGE CHEESE "ŠTRUKLJI" - DUMPLINGS WITH FRUIT SAUCE

Traditional version

Dough:

- 300 g white flower
- ¼ l warm water
- 1 egg
- salt
- tbsp of oil or butter
- lemon juice
- oil (brush)

Improved healthier version

Dough:

- 300 g spelt flour
- ¼ l warm water
- 1 egg
- salt
- tbsp of olive oil
- lemon juice
- olive oil to brush

Mix ingredients to form elastic paste of medium consistency and kneed well.

Form a ball, brush oil on top and let rest for ½ hour.

Roll out on cloth sprinkled with flour, stretch at each end until knife blade thin.

Cut the wide edges off. The rectangular sheet is now ready to have the filling spread on.

Roll out on cloth sprinkled with flour, stretch at each end until knife blade thin.

Cut the wide edges off. The rectangular sheet is now ready to have the filling spread on it.

Filling:

- 250 g cottage cheese (40% fat)
- 1 dl sour cream
- 70g sugar
- lemon juice and a peel (not treated)
- pinch of salt
- breadcrumbs

Mix sour cream with cottage cheese, egg, sugar, salt and lemon juice with a peel.

Filling:

- 250 g cottage cheese (10% fat)
- 1 dl yogurt
- 50g sugar
- lemon juice and a peel (not treated)
- pinch of salt
- breadcrumbs

Mix yogurt with cottage cheese, egg, sugar, salt and lemon juice with a peel.

Sprinkle filling on dough.

Sprinkle with breadcrumbs and roll (the cloth will help).

Wrap the "štruklji" in a wet cloth sprinkled with breadcrumbs, tie the ends with a string.

Put in the salted boiling water for about 20 min.



Dressing:

- butter
- breadcrumbs

Melt the butter and roast breadcrumbs in. Sprinkle it over the dumplings (štruklji).

Dressing:

- forest fruits (blueberries and strawberries - can be frozen)
- 2 tbsp brown sugar

Put the fruits in a pan, add 2tbs of sugar and heat so it makes a nice sauce. Serve next to "štruklji".

COTTAGE CHEESE "ŠTRUKLJI"- DUMPLINGS WITH BREADCRUMBS



COTTAGE CHEESE "ŠTRUKLJI" -
DUMPLINGS WITH FRUIT SAUCE



Norway



Not a member of EU

Capital: Oslo

Total area: 385,178 km²

Population: 5,096,300

Currency: Norwegian Krone

Language: Norwegians



Norway



Typical Norwegian food

In Norway we use a lot of dairy products, mostly cheese and milk and butter. Norway is known for some cheese like Jarlsberg and brown cheese. We eat a lot of fish and meat, often salmon and cod, and



chicken, lamb or beef. Together with the fish/meat we often use potatoes and vegetables. In Norway we eat mostly the vegetables we have farmed in Norway. That is carrots, potatoes, onions, tomatoes and cucumbers. We do not eat a lot of spicy food, but we use a lot of salt and pepper, sometimes oregano.



Sheep's Head (serves four)



Ingredients:

2 sheep's Head (cut into four half heads)

Mashed Swedish Turnip:

1 piece Swedish Turnip

1 carrot

approx. ½ dl single cream

2 tablespoons butter

½ teaspoon salt

¼ teaspoon grated nutmeg

½ teaspoon pepper

12 party potatoes (small potatoes)



Sheep's head can either draw in water or be steamed on a rack or sticks such as lamb ribs.

1. Fill a large pot with water to cover the heads. Let them cook on low heat for 4-5 hour. It is important not to use excessive heat as high temperature kills many flavors.

***i** Tradition tells that the heads shall cook for 4-5 hours, but two to two and a half hours is enough to get a good result.*

2. Peel and cut the turnip and carrot into small pieces. Boil all together in a saucepan with water until tender. Pour of boiling water and let the vegetables steam of. Mash the vegetables, add the cream and butter until you have a thick mash. Season with salt, nutmeg and freshly ground pepper.

3. Boil the potatoes in a pan of water. Pour of boiling water. Add butter and chopped parsley into the pan and turn the potatoes around.

Serve the heads warm with potatoes and mash.

***i** Some people also like to eat sheeps head with green peas and bacon fat. You can also add your favorite sausage can also be in the meal.*

Mutton stew



Ingredients:

1,5 kg mutton meat

1,5 kg cabbage

4 tsp whole pepper

2 tsp salt

3 dl water



How to do:

Cut the cabbage into boats.

Put the meat and the cabbage into a pan.

Take the salt and pepper between the cabbage and meat and put in layers.

Take the water in the casserole, and bring it to a boil. Turn the heat down, and cook it at low heat for about two hours.



Serve with boiled potatoes



Fish Gratin



2 portions

Ingredients:

- 1 tablespoon butter
- 2 tablespoons wheat flour
- 3 dl milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 dl macaroni
- 50 g deep-freeze peas
- 200 g cod fish
- 2 eggs yolks
- 2 egg whites
- ½ grated cheese
- 2 tablespoons breadcrumbs



1. White sauce:

Melt the butter in a pan. Add wheat flour and mix well. Remove from the heat, stirring in the milk and mix well. Put the pan back on the heat and bring it to boil while you are stirring. Let the sauce simmer ca. 5 minutes.

2. Fish:

Bring 1 litre water to the boil, remove from the heat and add the fish filet, simmer carefully for 10 minutes.

3. Boil the macaroni.

4. Put macaroni, peas, fish, salt and pepper into the white sauce. Blend the yolks one and one into the sauce. Beat the egg whites to peaks – you can see if they're done by holding the bowl upside down. Mix them extremely carefully into the sauce.

5. Place the mixture in an ovenproof dish. Put breadcrumbs and grated cheese on the top. Cook in the oven on 200C for 40 minutes.



Serve with boiled potatoes and grated carrots.

Black pudding (blood pud-



Ingredients:

10 dl fresh pig's blood
2,5 ts salt
3,5 dl oatmeal
4,5 dl finely chopped pork fat
1 large finely chopped onion
2,5 dl milk
1,5 ts freshly ground pepper
1 ts ground allspice



How to do:

1. Preheat the oven to 160°C and grease two loaf pans with parchment.

Stir 1 ts salt into the blood.

2. Bring 6 dl of water to a boil and stir in the oats, stirring occasionally.

Boil till tender, not mushy(15 minutes)

3. Pour the blood through a fine sieve into a large bowl.

Stir the fat, onion, milk, peppers, allspice, salt and oatmeal.

Divide the mixture between the loaf pans, cover with foil and bake for one hour until firm. Cool completely, then seal with plastic wrap.



4. To serve, cut about 1cm thick slices. Fry in butter or oil, until the edges are crisp and browned.



Special thanks to our headmistress Mrs. Tasoula Demosthenous for being always supportive and understanding, making our work- life extraordinary full of motivation and inspiration.

Special thanks and to our colleagues for being so helpful, creative and supportive.

